

# Health Homes Herald

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Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

## Health Homes: Helping Members Avoid the Emergency Room

Our Health Home success story this month comes to us from the Health Home at South East Kansas Mental Health Center (SEKMHC).

Julie, an LPN who is currently in school and will have her RN this May met with a client to work on her face to face Health Action Plan (HAP). While in the office, Julie took the member's vitals and noticed that her blood pressure was very high.

The member explained that it had been running high the last couple of days. The member also said that she was planning to go to the emergency room but decided to visit with her Health Home nurse first.

Seeing an opportunity to educate the member, Julie went with the member to

her home to review the documented blood pressure readings and had the member take her vitals on her home machine to verify.

The results again ran very high and all documentation was high. Julie explained that instead of going to the emergency room, they needed to call the member's primary care physician (PCP).

Even though it was 3:30 on a Friday, the PCP wanted to see the member immediately. Julie helped to ensure that the member made it to the PCP where they again took her blood pressure which was 188/110 at that point.

Because of Julie's efforts the member was able to start on blood pressure medication that same day. The member reports that she

immediately started feeling much better!

In addition, due to the intervention, an emergency room visit was avoided as well as a potential ambulance ride.

Great job Julie! This story demonstrates how Health Homes can not only help members feel better physically, but can also educate members about the best way to utilize the health care system.

If you have a success story that you'd like us to feature in the Health Homes Herald, please contact:

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### Upcoming News and Events

- Health Action Plan Community of Practice — Mar. 17, 2015
- HHP Listening Tour — Apr. 20-22 & May 12, 2015

Questions?

Email: [healthhomes@kdheks.gov](mailto:healthhomes@kdheks.gov)

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# Consumers' Frequently Asked Questions

## I know someone who I think should be in a Health Home. What should I do?

KanCare Health Homes are for people with certain chronic conditions like mental illness. To get Health Homes, you must also be on KanCare. If you know someone like this, you can make a referral by using the form here: [http://www.kancare.ks.gov/health\\_home/providers\\_forms.htm](http://www.kancare.ks.gov/health_home/providers_forms.htm)

Or, you can call us and we will help you with the process.

If you have more questions or would like to know how to be recognized for your achievements please contact Samantha Ferencik:

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## Chronic Conditions Health Home Update

There has been a successful motion in the Senate Ways and Means Committee to add the following language to KDHE's budget bill:

**“no state monies will be appropriated in any appropriation act of the 2015 regular session of the legislature and no state agency shall expend any state monies for fiscal years 2015, 2016 and 2017, for the purpose of implementing KanCare Health Homes — Chronic Conditions unless the legislature expressly consents to such program and expenditures”**

This proviso to the budget bill will be conferenced with the House and the final bill will be voted on by both houses, leaving some opportunity for the proviso's removal. However, if passed, this budget bill prohibits KDHE from expanding Health Homes to the Chronic Conditions target population, without specific approval by the Legislature.

Despite this news, we'd like to encourage everyone to remain positive about the program. As your partners in this initiative, the State Team's focus will be improving processes for the SMI Health Homes and collecting data to demonstrate its success. We appreciate your hard work on this program so far and look forward to continuing to work with our MCO and Health Home Partners to make Health Homes a success in Kansas.

If you have questions or success stories that you'd like to share please contact Samantha Ferencik:

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# Update from Wichita State University Center for Community Support & Research

The WSU Center for Community Support & Research provides learning opportunities for staff within contracted Health Home providers. Remember, participation in the Learning Collaborative activities is a requirement for all Health Home Partners. Please ensure that your agency is represented if you are a contracted Health Home Partner.

Here is what's happening:

- The **Health Homes Learning Collaborative** is an opportunity for administrators and managers within contracted Health Home Partner organizations to join with professional associations, Lead Entities and State Program leaders to celebrate successes, conquer challenges and build a quality Health Homes system that improves the lives of the individuals and families it serves. Agency participation is required – see the Health Homes Program Manual for more information.
  - The most recent live Learning Collaborative was held on Friday, February 27 at the Rolling Hills Zoo in Salina. The event was well attended and offered participants the opportunity to interact and learn from peers as well as hear from a guest speaker on pain management.
- The **Health Action Plan Community of Practice** allows Care Coordinators and Social Workers within contracted Health Home Partners a place to discuss with their peers challenges they face when writing Health Action Plans and strategies to be more effective. Please join us on **March 17th at 11:00a.m.** for inspiring conversations and practical ideas. Watch for your invitations and additional information coming soon!

**Pre-registration for all events is required and is limited to staff from Health Home Partners who are directly contracted with one or more MCO.**

For more information or to add your name to an invitation list, please contact Vanessa Lohf at [vanessa.lohf@wichita.edu](mailto:vanessa.lohf@wichita.edu).

## Dental Clinic for Health Home Members

A ribbon cutting and open house for a new dental clinic will be held on **March 18, 2015 from 9:00a.m.-11:00a.m.** at 330 SW Oakley Avenue (South Entrance).

On January 9, 2015, a dental clinic for KanCare Health Home members was opened at Valeo Behavioral Health Care. The clinic is run by Community Health Ministry, a safety net clinic based in Wamego, Kansas and is made possible in part through funds provided by the Topeka Community Foundation and Oral Health Kansas.

The Healthy Smiles Dental Clinic operates two Fridays a month. Services provided include assessments, x-rays, cleaning, fluoride, education and referral for services such as fillings, extractions and dentures.

For more information about the Healthy Smiles Dental Clinic please call 785-233-1730.



# CDC Urges Health Care Providers and Parents to be Conscious of Measles Outbreak

Due to the recent measles outbreak, the Centers for Disease Control and Prevention (CDC) urges healthcare professionals to consider measles when evaluating patients with febrile rash and ask about patients' vaccine status, recent travel history, and contact with individuals who have febrile rash illness.

Measles starts with fever, runny nose, cough, red eyes, and sore throat. It's followed by a rash that spreads over the body. Measles virus is highly contagious virus and spreads through the air through coughing and sneezing.

People at high risk for severe illness and complications from measles include:

- Infants and children less than five years old
- Adults aged more than 20 years old
- Pregnant women
- People with compromised immune systems, such as from leukemia and HIV infection

The CDC recommends two doses of the measles-mumps-rubella (MMR) vaccine for children because it protects them against dangerous, even deadly, diseases.

The MMR vaccine has a long record of safety. Serious reactions from MMR are rare. All reputable scientific studies have found no relationship between the MMR vaccine and autism.

The routinely recommended age for the first MMR dose is 12 months through 15 months. The routinely recommended age for the second MMR dose is 4 years through 6 years.

Make sure you and your child are protected with the MMR vaccine. If you're unsure whether you're immune to measles, you should first try to find your vaccination records or documentation of measles immunity.

If you do not have written documentation of measles immunity, you should get vaccinated with the (MMR) vaccine. Another option is to

have a doctor test your blood to determine whether you're immune, but this option is likely to cost more and will take two doctor's visits.

There is no harm in getting another dose of MMR vaccine if you may already be immune to measles (or mumps or rubella).

You can learn more about vaccine safety and the importance of getting vaccinated from the Centers for Disease Control and Prevention:

<http://www.cdc.gov/>

## Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

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Email: [healthhomes@kdheks.gov](mailto:healthhomes@kdheks.gov)

Website: [http://www.kancare.ks.gov/health\\_home.htm](http://www.kancare.ks.gov/health_home.htm)

